



An outdoors challenge for all sections

Further copies of this booklet can be downloaded at
<http://www.lobguides.org.uk/assets/101-Years-of-the-Great-Outdoors.pdf>

Welcome to

101 Years of the Great Outdoors

Following the success of the 100 Years of Homemaking Challenge, here is a challenge that focuses on another aspect of Guiding – adventures in the Great Outdoors.

Guiding has now been around for over 100 years and gaining badges has always been a popular aspect of the programme. Although some of the first Guide badges were somewhat genteel, they became more adventurous as time went on and to the early Naturalist, Pioneer, Pathfinder and Astronomer were soon added Hiker (1940s), Camper (1950s), Backwoodsman and Weatherman (1960s) right up to the more recent Outdoor Cook and Outdoor Pursuits.

Guiding is a safe place for today's girls to enjoy the out of doors and have the opportunity to learn new skills. They can have great fun trying out such things as outdoor cooking, tracking, rope bridges, stargazing etc.

The challenge consists of six zones, each based on a combination of badges from the last hundred years: Observer/Naturalist, Stargazer/Weatherman, Hiker/Rambler, Pioneer/Woodman, Pathfinder/Map Reader and Camper/Backwoodsman.

Each zone has a variety of activities making it suitable for all sections from Rainbows through to Trefoil Guild and ideas can be adapted if necessary to suit all units – even the Camper/Backwoodsman zone does not involve spending a night in a tent! Most, if not all, of the activities can be done as part of weekly meetings or could form the basis of a camp or holiday.

To earn your '101 Years of the Great Outdoors' badge, complete a challenge from each of the six zones then send off the badge order form on the back page. Badges cost £1 each plus postage and packaging. To guarantee availability, please order before 31st December, 2012.

We hope you enjoy!

Liz and Tori Porter
London Over the Border, LaSER

The proceeds of this challenge will go to support local Guiding.

Observer/Naturalist

Visit a pond or stream and study what lives there. Look for:

- Insects
- Fish
- Amphibians
- Plants

Try pond dipping and see what you can catch!



Visit a wildlife reserve, animal park, zoo or similar and see how many different animals, birds, insects, fish etc. you can spot? Which of these are endangered species?



Make a feeding station for birds or insects. See who uses it.

Take part in a scavenger hunt with a nature theme. You could either collect items, or write down what you see.

Spend 15 minutes in the open and make a list of the sounds you hear and the birds, animals, butterflies and insects you see.

Make a collage using some of the following, without destroying living things:

- Seashells
- Leaves
- Pebbles
- Seeds
- Flowers

Watch a chosen area over a given period of time and make a note of its bird, animal and/or insect life; or take part in the RSPB Big Garden Birdwatch.



Stargazer/Weatherman

Find out the meaning of the symbols shown on a television or newspaper weather map and where to get up to date, professional weather forecast for the local area and for countries overseas.

(Imagine you are going on holiday, choose a destination and check the weather forecast to see what you will need to pack).

Make a simple version of one of the following and know how to use it:

- Rain gauge
- Wind vane
- Wind sock
- Barometer
- Sun dial

Learn about cloud formations and what weather they foretell.



Get creative and make a model of the solar system using different sized balls. Find out an interesting fact about each planet.

Have a session out of doors to look at the night sky. Maybe even turn it into a sponsored sleep out under the stars. Try and find these:

- The North Star
- The Plough
- Orion
- Cassiopeia
- Your Zodiac sign

You might even be able to see a planet!



Visit a planetarium or an observatory or have a mobile planetarium visit you! You could even have a day out or sleepover at the National Space Centre in Leicester.

Demonstrate the phases of the moon by making a mobile or by nibbling Jaffa cakes! Record your observations of the moon each day for a month.

Make some of the constellations with silver stars on black paper. Read the stories behind these constellations.

Hiker/Rambler

Make up a simple first aid kit suitable for walkers – learn how to treat:

- Cuts
- Grazes
- Stings
- Blisters
- Sprains

Be aware of the effects of the sun.



Go on a 'penny hike' – at each path or road junction, toss a coin to decide which way to go.

▶ Heads to go right ▶

◀ Tails to go left ◀



Follow the course of a stream or river.

Make a poster or leaflet about the countryside code, the green cross code or the water safety code.

Go on a night hike and enjoy a warming drink or snack at your destination.

Go foraging for one or more of the following:

- Blackberries
- Damsons
- Nettles
- Apples

You could even make a dish using what you find.



Walk to a local place of interest taking a packed lunch or tea.

Know how to dress for walking and rambling, how to be visible in the dark or fog and what to pack in a bag or rucksack.

Pioneer/Woodman

Be adventurous and grow your own forest. In the autumn, plant acorns, beech nuts, conkers, ash keys or sycamore helicopters and care for them until they become saplings. Think about where you will plant them when large enough. (Check out the Woodland Trust website for helpful tips.)

Try edible pioneering – use strawberry laces as rope/string to practice knots then add strawberry pencils as poles and practice different lashings. Can you make a gadget out of sweets?

Make a decorative or useful object out of wood.

Make leaf prints and/or bark rubbings of three different trees.

Make a ballista with poles and string and have a shooting competition with ping pong balls.

Visit a forest, arboretum or botanical gardens. Without destroying living things, make a collection of leaves, twigs etc. from different plants and trees.

How many different shades of green and brown can you collect? Display your findings.

Help to build a large scale bridge, ladder or tower out of ropes and poles. Once it is finished and checked for safety and stability climb across or up it!



Camper/Backwoodsman

Have a pyjama party in a tent. You could:

- Tell stories
- Play games
- Sing songs
- Have a pillow fight!

Don't forget the midnight feast!

Follow a trail. This could be of animal or human footprints, secret clues, glow sticks, woodcraft signs or even a Hansel and Gretel style breadcrumb trail!



Set and light a fire – either for cooking or singing!



Learn how to pitch and strike a tent, or if you already know how, teach somebody else.

Find out how to take care of bedding at camp, make a bedding roll and know what clothes you would need.

Cook some food outdoors using one of the following methods:

- Wood fire
- Camp oven or haybox
- Portable gas stove
- Trangia
- Barbecue

You could really challenge yourself and try cooking without utensils!



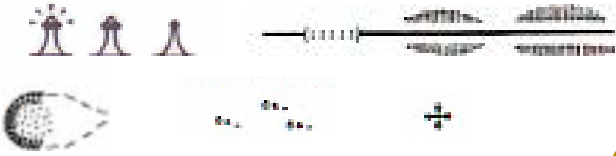
Make a camp gadget using at least two of the following lashings:

- Square
- Tripod
- Snake

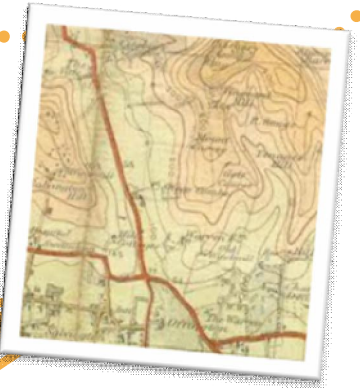
Make a simple one-man shelter from a groundsheet or natural materials.

Pathfinder/Map Reader

Understand how to use the key of an Ordnance Survey map and be able to recognise at least 10 Ordnance Survey map symbols – play a game using these. Here are some to get you started:



Go on a treasure hunt. Using a map of the area, and any clues you have been given, set out on your quest to uncover the prize.



Take part in an orienteering activity.

See if you can find north, just by using the position of the sun and stars. No cheating and using a compass!

Get creative and find out about contour lines by building a model out of play dough to represent a section of the Ordnance Survey map.

Know your local area – be able to direct someone to the nearest:

- Shops
- Places of worship
- Doctor or hospital
- Public telephone
- Bus stops
- Post box
- Petrol station
- Railway station

Make your own compass, learn about its eight points and use your new gadget during an activity such as string pictures or a game that uses compass points.



Badge Order Form



Actual badge measures 7.5 cm in diameter.

Once you have completed your six challenges, send off this form to order your badges.

Badges should be ordered before 31st December, 2012 to guarantee availability

Contact Name:

Unit:

Rainbows / Brownies / Guides / Senior Section / Adult / Trefoil Guild (please circle)

Contact address:

.....

..... Postcode

Phone and/or email:

in case of queries

	No. of badges	Cost
Cloth badges (7.5 cm) - £1.00 each		£
Post and packaging (see right)	---	£
Total Cost	---	£

p&p charges:
 1-2 badges £0.50
 3-40 badges £1.00
 41-60 badges £1.50
 61+ £2.00

Please send form and cheque (payable to 'Girlguiding Woodford Challenge Badges') to:

101 Years of the Great Outdoors, c/o Girlguiding Woodford Challenge Badges,
 24a Snakes Lane West, Woodford Green, Essex IG8 0BS

Badges will be delivered as soon as possible.

Any queries please email: tori_porter@hotmail.com or lizporter@talk21.com

Further copies of this booklet can be downloaded at

<http://www.lobguides.org.uk/assets/101-Years-of-the-Great-Outdoors.pdf>

Have you seen our other challenge – '100 Years of Homemaking'? Download the syllabus at:

<http://www.lobguides.org.uk/assets/100-Years-of-Homemaking-Challenge.pdf>

